

How to optimise your fertility through your diet and lifestyle

As we discussed previously, it is vitally important to follow a healthy lifestyle in order to have a healthy reproductive system. Undoubtedly, the most important factor in your lifestyle when trying to conceive is your diet; and crucially, achieving the right amounts of selected nutrients to give you optimum chance of conceiving.

Other lifestyle factors that play an important role in enhancing your chances of conceiving are sleep, exercise levels, and how you manage your stress – but we'll come on to those a little later.



In terms of your diet, the most important thing you can do is to cut out all processed foods. As a basic rule, if it doesn't grow, run, swim or fly, you're probably best off not eating it. In your first week of this program, it may be worth considering a 'transition' period.

Don't worry too much about hitting your nutrient targets for now; simply focus on eating clean, whole, unprocessed foods and give your system a chance to reset itself as you get used to this way of eating.

Cut out all processed foods, and fill your diet with plenty of fresh meat, fish, eggs, vegetables, fruit, nuts and seeds. You'll find it surprisingly enjoyable, and you'll feel much better for it in just a few days.

Nutritional Targets

We previously discussed the most important nutrients to include in your diet and the role that they play in fertility – but it's very important you are consuming the correct amounts. Your nutritional targets for these nutrients are noticeably higher than standard 'RDA's,' so it's important to make sure your diet is focused around achieving these targets.

Meal planning is an essential part of this process, as it will allow you to map out the amount of each nutrient you are due to consume on a daily basis.

Once you are through your transitional period, it's time to focus your attention firmly on hitting these targets. Your target amount of each nutrient is listed below:

Arginine: 500mg
Carnitine: 500mg*
Cysteine: 80mg
Vitamin D: 400IU
Vitamin C: 200mg
Vitamin E: 120mg*
Folic Acid: 800mcg
Zinc: 40mg
Selenium: 60mcg
Beta Carotene: 3000mcg

* For practicality, we recommend taking a high quality supplement to help you reach your required levels of Carnitine and Vitamin E. Whilst these nutrients are both available from food sources, it requires much effort and cost to reach your daily target levels of these nutrients through diet alone.

Of course, it is always preferable to source your nutrients through food, but a supplement to help you along your way could be a sensible idea.



Balancing an appropriate intake of these nutrients may seem rather daunting at first, which is why we have composed a few sample meal plans for you below, including the amount of each nutrient each meal contains.

We've split these into three breakfasts, three lunches, three dinners, as well as two 'sweet' recipes – all free from processed foods and composed of nothing but high quality produce.

To make it even easier for you to build towards your nutrient targets, we've coloured each nutrient by the levels found in each meal – green for a high amount, orange for moderate, and black if it's not considered a reasonable source.

BREAKFASTS

Recipe 1

Breakfast: Ground Beef and Sweet Potato Hash (serves 2)

The beauty of this recipe is that it can be easily prepped the night before, and just thrown into a hot pan in the morning. Its super tasty and packs in a hefty amount of Arginine, Carnitine, Cysteine, Zinc and Beta Carotene.

Ingredients:

1 onion, diced
1 sweet potato, grated
1 tsp coconut oil
300g steak mince, ideally grass fed and organic
6 – 8 chestnut mushrooms, diced
1 tsp cayenne pepper (optional)
Sea salt and black pepper, to taste

Method:

- 1) Heat the coconut oil in a large, heavy based frying pan to a high heat. Add the onion and sweet potato and sauté for 5 minutes.
- 2) Add the steak mince and the mushrooms, and stir well to combine. If necessary, drain off the excess liquid a couple of minutes into cooking.
- 3) When the steak mince is cooked through, season well with salt and pepper and the cayenne (if using). Serve and enjoy straight away.

Approximate Nutritional Analysis per serving:

Arginine: 2034mg

Carnitine: 142.5mg

Cysteine: 340.5mg

Vitamin D: Trace

Vitamin C: 69.8mg

Vitamin E: 4.0mg

Folic Acid: 57.2mcg

Zinc: 6.3mg

Selenium: 31.5mg

Beta Carotene: 35525mcg

Recipe 2

Breakfast: Lamb's Liver, Mushroom and Egg Scramble

When trying for a baby, one of the most nutrient dense foods to include in your diet is liver. When diced and lightly fried, it makes a delicious breakfast – and works great with scrambled eggs.

Ingredients:

1tsp coconut oil
150g Lamb's liver, diced
3 – 4 mushrooms, diced
3 eggs, preferably free range and organic
Salt and pepper, to taste

Method:

- 1) Heat the coconut oil in a medium sized pan to a high heat. Add the liver and mushrooms, and fry for 3 – 4 minutes.
- 2) Meanwhile, crack the eggs into a separate bowl and beat well. Add these to the pan, and stir fry with the liver and mushrooms until cooked and scrambled.
- 3) Season to taste and serve

Approximate Nutritional Analysis per serving:

Arginine: 3750mg
Carnitine: 115mg
Cysteine: 927mg
Vitamin D: 74IU
Vitamin C: 9mg
Vitamin E: 2.1mg
Folic Acid: 165.4mcg
Zinc: 13.8mg
Selenium: 207.6mcg
Beta Carotene: 60.3mcg

Recipe 3

Breakfast: Almond Pancakes with Cinnamon, Grated Apple and Seeds

If you're struggling to face up to meat for breakfast, give these pancakes a try! They're free from gluten, dairy and sugar, and are nutrient dense thanks to the almond flour and fruit and seed topping.

Note – the pancake batter makes enough for four servings, but there's only enough topping to serve one. It's always good to make the pancake batter in batches like this, and keep the rest in the fridge for the next day!

Ingredients:

Pancakes:

1.5 cups ground almonds
3 eggs, beaten
¾ cup water
A drop of vanilla extract (optional)

1 tbsp coconut oil

Topping:

0.5 tsp cinnamon
1 firm green apple, grated
1 small handful pumpkin seeds
1 small handful sunflower seeds
A few chopped pecans (optional)
1 tsp high quality maple syrup (optional)

Method:

- 1) In a mixing bowl, whizz together the ground almonds, eggs and water until it forms a smooth batter. Remove enough batter for your pancakes (about a quarter of the mixture) then leave the rest in the fridge.
- 2) Heat the coconut oil in a frying pan, then transfer the pancake batter to the pan in three or four separate pancake shapes. Cook for 2 – 3 minutes each side.
- 3) Serve the pancakes sprinkled with cinnamon, then top with the grated apple, seeds, pecans and maple (if using)

Approximate Nutritional Analysis per serving:

Arginine: 2665mg

Carnitine: Trace

Cysteine: 449mg

Vitamin D: 18IU

Vitamin C: 8.4mg

Vitamin E: 19mg

Folic Acid: 174.8mcg

Zinc: 7.7mg

Selenium: 43.4mcg

Beta Carotene: 126.5mcg

LUNCHES

Recipe 4

Lunch: Crispy Chicken Thighs with Avocado, Chargrilled Asparagus and Pine Nuts

The chicken thighs in this recipe deliver a good balance of Arginine and Cysteine, whilst the Avocado and Asparagus boost the folic acid levels. This lunch is high in both protein and healthy fats, so will keep you satiated long into the afternoon.

Ingredients:

2 Chicken Thigh fillets, ideally free range and organic
1 tsp coconut oil
½ an avocado
6 Asparagus Spears
Handful pine nuts
Salt and pepper
A squeeze of lemon juice, to finish
Small handful fresh chopped oregano (optional)

Method:

- 1) Heat the coconut oil in a frying pan to the highest heat. When it gets seriously hot, add the chicken thighs and squeeze them down with a spatula. Cook for 5 – 6 minutes each side, until crisp and golden brown. Season well.
- 2) Meanwhile, heat a griddle to a medium heat and char the asparagus for about 8 minutes, until crisp and slightly blackened. Don't worry about adding any oil – the asparagus will crisp up nicely this way.
- 3) Serve the chicken thighs alongside the avocado half and chargrilled asparagus. Scatter the pine nuts over the asparagus before finishing it all with a generous squeeze of lemon juice, and a handful of fresh chopped oregano if using.

Approximate nutritional analysis per serving:

Arginine: 4900mg

Carnitine: 6mg

Cysteine: 800mg

Vitamin D: 16.2IU

Vitamin C: 28.8mg

Vitamin E: 6.5mg

Folic Acid: 170mcg

Zinc: 7.6mg

Selenium: 60mcg

Beta Carotene: 567mcg

Recipe 5

Lunch: Grilled Salmon fillet with sautéed vine tomatoes, French beans and spinach

Salmon is one of the only dietary sources of Vitamin D, and paired with the vine tomatoes, green beans and spinach, it makes a light and very tasty lunch.

Ingredients:

1 medium salmon fillet, ideally wild and line caught
150g fresh spinach, rinsed
6 small vine tomatoes, halved
100g french beans, sliced
Olive oil, Lemon juice, salt and pepper

Method:

- 1) Heat your grill to the highest heat. Line a grill pan with some foil, and place the salmon fillet skin side down on top. Grill for 6 – 8 minutes, until slightly crisp on top.
- 2) Meanwhile, heat 1 tsp olive oil in your pan to a medium heat. Add the vine tomatoes and green beans and lightly sauté for 3 – 4 minutes. Around 30 seconds before serving, add the spinach to the pan so it is just heated and reduced in size.
- 3) Serve drizzled with a little olive oil and some lemon juice, then season to taste.

Approximate nutritional analysis per serving:

Arginine: 2600mg
Carnitine: 7mg
Cysteine: 500mg
Vitamin D: 490IU
Vitamin C: 100.4mg
Vitamin E: 6.3mg
Folic Acid: 397mcg
Zinc: 2.5mg
Selenium: 73mcg
Beta Carotene: 8817mcg

Recipe 6

Lunch: Cajun Steak Salad

Tender and succulent sirloin steak partners beautifully with traditional Cajun spices. It tastes great in this salad, and works really well with the creamy avocado and the sweet cherry tomatoes.

Ingredients:

1 medium sirloin steak, cut into strips
1 medium shallot, diced
Juice half lemon
1 tsp smoked paprika
1 tsp cumin
1 tsp coriander
½ tsp oregano
½ tsp garlic powder
½ tsp salt
1/2tsp cayenne pepper

1 large handful spinach / rocket / mixed salad greens
4 / 5 broccoli florets, chopped in half
½ an avocado, diced
4 -6 Cherry tomatoes, halved

Method:

- 1) In a bowl, toss the steak strips and diced shallot in the lemon juice and spice mixture. Leave to marinate for at least half an hour at room temperature.
- 2) Lightly steam the broccoli florets before rinsing with cold water and draining. Combine in a salad bowl with the green leaves, avocado and cherry tomatoes.
- 3) Heat a little coconut oil in a frying pan to a very high heat. Add the marinated steak and shallots, and stir fry for just a couple of minutes, until the meat is brown on the outside but still pink in the middle. Serve on top of the salad.

Approximate nutritional analysis per serving:

Arginine: 6600mg
Carnitine: 195mg
Cysteine: 980mg
Vitamin D: Trace
Vitamin C: 166.6mg
Vitamin E: 7mg
Folic Acid: 372mcg
Zinc: 9.8mg
Selenium: 50.4mcg
Beta Carotene: 4251mcg

DINNERS

Recipe 7

Dinner: Cuban spiced pork chops with red pepper and coriander salsa and steamed kale (serves 2)

Ingredients:

2 large handfuls fresh kale, chopped

For the pork:

4 x 125g pork chops, ideally organic

1tbsp allspice berries

1 tbsp black peppercorns

1 tbsp fresh thyme

2 tbsp tomato puree

Juice 1 lime

Juice ½ an orange

1tbsp blackstrap molasses

1 scotch bonnet chilli

2 cloves garlic

4cm knob ginger

For the salsa:

1 large red pepper, deseeded and diced

1 tsp tomato puree

1 tsp honey

2 tsp balsamic vinegar

2 tbsp olive oil

2 tbsp fresh coriander, finely chopped

Method:

- 1) To make the salsa, combine all ingredients in a bowl and mix well. Add a little more olive oil to reach your desired consistency, then store in the fridge.
- 2) Crush the allspice berries and black peppercorns in a mortar and pestle, before adding to a food processor with the rest of the marinade ingredients. Blend to a paste, then rub into the pork chops and leave to marinade for at least half an hour.
- 3) Pan fry the pork chops for 4 – 5 minutes each side until golden brown and cooked through. Serve alongside the salsa and some lightly steamed kale.

Approximate nutritional analysis per serving:

Arginine: 3600mg

Carnitine: 67mg

Cysteine: 700mg

Vitamin D: 55IU

Vitamin C: 214mg

Vitamin E: 5.4mg

Folic Acid: 85.9mcg

Zinc: 5.4mg

Selenium: 96.4mcg

Beta Carotene: 7982mcg

Recipe 8

Dinner: Rare Topside of Beef with Roasted Root Vegetable Mash (serves 4)

Ingredients:

For the beef:

- 1 x beef topside roasting joint – approx. 1kg – 1.25kg
- 2 tsp salt
- 4 fat garlic cloves
- 1 tbsp cracked black pepper
- 1 tsp ground coriander
- 2 tbsp olive oil

For the mash:

- 2 medium sweet potatoes, peeled and chopped
- 2 parsnips, peeled and chopped
- 2 medium carrots, peeled and chopped
- 2 cloves garlic, peeled
- 2 tbsp fresh thyme
- 2 tbsp olive oil, plus extra to drizzle the veg
- Sea salt and cracked black pepper, to taste

Method:

- 1) Calculate the roasting times for your beef joint by using the formula 20min per 450g + 20 min (for rare). Add an extra 5 minutes per 450g for medium.
- 2) In a mortar and pestle, crush the garlic cloves with the salt to form a paste. Stir in the black pepper, coriander and olive oil, then rub into the beef joint. Leave at room temperature for an hour.
- 3) Preheat the oven to 180C. Cook the beef joint as per cooking instructions on the top shelf of the oven. Remove and baste with its juices two or three times during cooking.
- 4) Add all veg to a roasting dish, then drizzle with a little olive oil, and season with the fresh thyme, salt and pepper. Nestle in the garlic cloves, then add to the bottom shelf of the oven and cook for 40 minutes, removing once or twice to toss the vegetables so they don't stick to the bottom.
- 5) Remove both the beef and the vegetables from the oven at the same time, allowing the beef 10 minutes to stand. Add all the veg to a large bowl, along with a little extra olive oil and seasoning. Mash to your desired consistency, and then serve alongside the carved beef.

Approximate nutritional analysis per serving:

Arginine: 3300mg

Carnitine: 230mg

Cysteine: 720mg

Vitamin D: Trace

Vitamin C: 44.2mg

Vitamin E: 2.6mg

Folic Acid: 83.5mcg

Zinc: 2.1mg

Selenium: 2.9mcg

Beta Carotene: 10395mcg

Recipe 9

**Dinner: Chilli – Lime Scallops with Roasted Balsamic Beets and Carrots
(serves 2)**

Ingredients:

12 King Scallops
Juice 2 limes
1 red chilli pepper, deseeded
1 garlic clove
1 tbsp dried parsley
1 tsp coconut oil

3 medium beets
4 medium carrots
2 tbsp olive oil
3 tbsp balsamic vinegar
1 tbsp dried rosemary
Salt and Pepper

Method:

- 1) In a mortar and pestle, crush the red chilli pepper and the garlic clove with the lime juice and parsley to form a paste. Rub it into the scallops, then set aside.
- 2) Preheat your oven to 180C. Peel and chop the beets and carrots into chunks / wedges, before transferring to a foil lined roasting dish. Drizzle with the olive oil and balsamic, and sprinkle over the fresh rosemary. Season to taste with sea salt and black pepper, before transferring to the oven to roast for 45 minutes, removing once or twice to stir.
- 3) About 5 minutes before the veg is done, heat the coconut oil in your pan to a high heat. Flash fry the scallops for 1 minute or so each side, then serve immediately alongside the roasted veggies.

Approximate nutritional analysis per serving:

Arginine: 1500mg
Carnitine: 6.4mg
Cysteine: 300mg
Vitamin D: Trace
Vitamin C: 62.7mg
Vitamin E: 1.3mg
Folic Acid: 175.8mcg
Zinc: 2.6mg
Selenium: 27.5mcg
Beta Carotene: 11605mcg

Recipe 10

Dinner: Mexican beef strips with cauliflower rice and guacamole (serves 2)

Although rice is a natural product, it isn't a very nutrient dense food at all, and the nutrients it does contain are largely inhibited by Phytic Acid – an anti-nutrient that interferes with nutrient absorption in the digestive system. For this reason, it's best avoided, and where possible, replaced with a more nutrient dense alternative. Cauliflower rice, which is simply cauliflower grated down until the texture resembles rice, is packed full of nutrients, as well as being delicious. It works great with the Mexican flavours in this beef dish, and is finished beautifully with a large dollop of home made guacamole.

Nutritionally speaking, this is a real powerhouse of a recipe, and one you will find yourself referring to time and time again.

Ingredients:

300g beef steak, cut into thin strips
2 tsp coconut oil
1 onion, diced
2 cloves garlic, crushed
1 head cauliflower, grated so that the texture resembles rice
1 red pepper, deseeded and diced
2 tsp smoked paprika
1 tsp hot paprika
1 tsp cayenne pepper

For the guacamole:

2 ripe, medium avocados, peeled
1 clove garlic, crushed
Sea salt
2 spring onions, finely chopped
Juice 1 lime
Small handful fresh coriander, finely chopped (optional)

1 large handful sunflower seeds, to serve

Method:

- 1) Firstly, make the guacamole by mashing the avocados together with the garlic and a pinch of sea salt. Toss in the spring onions and coriander if using, before stirring in the lime juice. Taste and season as necessary. Set aside.
- 2) Heat 1 tsp of the coconut oil in your largest frying pan. Lightly fry the beef strips, so that they are just browned on the outside but still pink in the middle (you may need to do this in batches). Remove from the pan and set aside.
- 3) Heat the remaining coconut oil in the pan, then add the onion and sauté for 5 minutes, until soft and golden. Add the crushed garlic and a little sea salt and cook for a further minute, before throwing in the cauliflower rice and red pepper. Toss in the spices and stir well.
- 4) Cook the rice for 3 to 4 minutes, before returning the beef to the pan for the last couple of minutes. Serve with a generous helping of the guacamole, and scatter with the sunflower seeds for an added crunch.

Approximate nutritional analysis per serving:

Arginine: 1200mg

Carnitine: 130mg

Cysteine: 320mg

Vitamin D: Trace

Vitamin C: 316.4mg

Vitamin E: 17.2mg

Folic Acid: 433.4mcg

Zinc: 9.2mg

Selenium: 51.1mg

Beta Carotene: 1698mcg

DESERTS

Recipe 11

Sweet: Tropical Green Fruit Smoothie

If you have a craving for something sweet, why not treat yourself to this deliciously tropical fruit smoothie? Unlike many of the 'ready made' smoothies on the market, this one cuts out the additives, and delivers a massive boost of Vitamin C, Folic Acid and Beta Carotene. It's super easy to make as well and ready in under 5 minutes!

The 'green' part of this recipe comes from the addition of spinach – but we promise you won't taste it!

Ingredients:

150ml coconut milk
2 passion fruit
½ mango, chopped
¼ pineapple, chopped
1 large handful spinach

Method:

- 1) Add the coconut milk to your blender. Cut the passion fruit in halves, and then squeeze the juice into a sieve over the blender. Reserve the seeds to eat later if you like.
- 2) Add the mango and pineapple, then the spinach, then blitz together until smooth.

Approximate nutritional analysis per serving:

Arginine: 366mg

Carnitine: Trace

Cysteine: 80mg

Vitamin D: Trace

Vitamin C: 122mg

Vitamin E: 2.3mg

Folic Acid: 165mcg

Zinc: 1.1mg

Selenium: 7.8mcg

Beta Carotene: 3182mcg

Recipe 12

Sweet: Sweet Potato and Chocolate Chip Muffins (makes 12)

If your cravings for something sweet are going into overdrive and a piece of fruit just won't cut it, you don't have to forgo the baked treats altogether. These Sweet Potato muffins are gluten free and naturally sweetened, plus they pack in a ton of goodness from the nutrient dense eggs, coconut flour and the sweet potatoes themselves. Give them a try – you won't be disappointed! They'll keep for up to a week in an air tight container, so are a perfect treat to make at weekends and snack on throughout the week.

Ingredients:

1.5 cups roasted sweet potato, mashed and left to cool
2 tbsp coconut oil
3 eggs
1 cup unsweetened almond milk (opt for vitamin D enriched if possible)
½ cup raw, organic honey
2 heaped tbsp. ground flaxseed
½ cup coconut flour
100g dark chocolate chips (at least 70%) or a 100g bar of dark chocolate, chopped into small pieces
1 tbsp gluten free baking powder
½ tsp salt
2 tsp cinnamon

Method:

- 1) Preheat the oven to 180C / 350F. Line a 12 hole muffin tray with paper or silicon cases.
- 2) In a bowl, combine the sweet potato mash with the coconut oil, eggs, almond milk and honey. Whisk together until smooth.
- 3) In a separate bowl, combine the flaxseed, coconut flour, baking powder, salt and cinnamon, before folding into the wet ingredients to make a batter. Stir in the chocolate chips.
- 4) Pour the muffin batter into the cases, filling to about 2/3rds of the way up. Bake on the top shelf of your oven for approximately 30 minutes, or until golden brown and a toothpick comes out clean.

Approximate nutritional analysis per serving:

Arginine: 388mg

Carnitine: Trace

Cysteine: 145mg

Vitamin D: 65IU

Vitamin C: 15.7mg

Vitamin E: 3.6mg

Folic Acid: 34.4mcg

Zinc: 1.3mg

Selenium: 17.3mcg

Beta Carotene: 7210mcg

So there you have it – twelve easy to follow recipes full of nothing but clean, nutrient dense food. Combine them sensibly by considering the nutrient levels of each recipe, using them in partnership with one another to achieve your daily targets. Meal planning is an essential part of this process, so try and never leave yourself short of the right ingredients in your fridge so you don't suffer a setback.

Snack well

If you do find yourself hungry in between meals, embrace it. Instead of going for a packet of crisps, reach towards one of these 7 'superfood' snacks to help you reach your target:

1. **Brazil Nuts:** A nutritional powerhouse, just 6 Brazil nuts will get you a whopping 542mcg of Selenium; over 9 times your daily target. Indeed, even if you eat just one of these every day, you'll easily meet your recommended selenium intake. You'll also benefit from a great source of healthy fats, as well as moderate amounts of vitamin E and folic acid.
2. **Walnuts:** For a folic acid boost on the go, look no further than walnuts. You'll find approximately 115mcg of folate in 100g of walnuts, so a handful between meals will see you on track to meet your target.
3. **Sunflower Seeds:** These will keep you well on track with your targets, with a 50g serving netting you approximately 110g folic acid, 16mg vitamin E, 26mcg selenium and 2.5mg zinc. Try sprinkling them on salads, using them in home made pesto, or simply roasting them with a little cinnamon and vanilla.
4. **Kiwis:** Kiwis are packed full of vitamin C, and just two medium sized fruit will get you approximately 150mg – as well as all the beneficial antioxidants and fibre.
5. **Raw Carrots:** Just one medium sized carrot will get you approximately 12g folic acid and a massive 5000mcg of beta carotene – smashing your daily target. Enjoy with an almond or cashew butter dip.
6. **Beef Jerky:** A fantastic way to meet your amino acid targets, you'll get the same nutrients you do from beef in a portable, convenient snack. A tasty, high protein choice which satisfies your carnivorous cravings.
7. **Hard Boiled Eggs:** Eggs are a real superfood, and a great snack to keep you going between meals. Just one hardboiled egg will give you a healthy dose of Arginine and Cysteine, as well as being a decent dietary source of Vitamin D.

Stress, Sleep and Exercise

As you probably already know, it's important to keep your testosterone levels high in order to achieve optimum fertility. We all produce different amount of testosterone naturally, but there are certain lifestyle changes you can make in order to boost yours.

Firstly, there is nothing more important to your testosterone levels (and indeed, your overall health) than a good night's sleep. A lack of sleep has been proven to result in greatly reduced levels of testosterone; so it's important you're getting adequate rest. At least 8 hours every night is recommended. Keep an eye on your stress levels too, as being exposed to psychological stressors cuts testosterone production.

Whilst being integral to your overall health, exercise is also crucial to those looking to up their testosterone production. Along with following a clean, nutrient dense diet, we recommend engaging in at least three sessions of high intensity exercise per week in order to really boost your chances of conceiving. Exercises like sprints, HIIT Training, Circuit training and weight lifting are amongst the best forms of exercise for boosting your testosterone levels – whilst chronic cardio has actually been proven to have an adverse effect. We'd recommend an exercise programme similar to the following:

Monday – Weight Training (60 minutes)

Focus on high intensity movements that engage all of the main muscle groups today, such as Deadlifts, Olympic Press, Squats, Barbell Rows etc. Do 3 / 4 sets of each movement 6 – 8 times – and if you're feeling really energetic, try Super-Setting them too.

Tuesday – Rest

Wednesday – HIIT Training (20 minutes)

This workout can be done at the gym or simply at the local park. The best forms of HIIT Training are rowing and running. Exercise at around 80% intensity for 90 seconds (this could be on a rowing machine or by doing a lap around your park), then rest for a minute. Do this five times over

Thursday – Rest

Friday – Weight training

Try and include some different exercises and movements to your session on Monday. Exercises that involve explosive power like pulls ups, tricep dips, cable extensions and bench press are excellent choices.

Saturday – Sprint training (20 minutes)

Take to your local park or green space to do this one. Sprint flat out for 30 seconds, 10 to 15 times over with rest periods in between. Aim to match your time in each sprint so the intensity doesn't slip.

Sunday - Rest

The power of sunlight

It may sound strange, but one of your biggest fertility allies is free and available to everyone. Sunlight is your 'fast pass' to meeting your vitamin D levels, as just 10 minutes of moderate exposure is more than enough to see you on track to meet your target. Not only that, but just a little sunlight each day is proven to boost your levels of serotonin, a neurotransmitter that has a large impact on your mood. Adequate sunlight exposure has been proven to lower stress levels and improve quality of sleep – and as we discussed earlier, it's highly important to keep an eye on both of these things in order to achieve your optimum fertility. Whether it's as simple as walking to work or taking lunch outside, try and expose yourself to a decent amount of sunlight each day – whenever our temperamental climate allows, that is!

Putting the plan into action

It may feel like there are a lot of things to worry about in order to improve your fertility, but by breaking the plan down into small components, things become a lot more manageable. Think of the plan as a lifestyle change, rather than a 'diet' as such – and enjoy all the positive changes that come with it.

It's important to commit to the plan for a minimum of three months, and ideally, until you conceive. Cut out all processed foods, meet your nutritional targets using the recommended meal plans, keep an eye on your stress levels, and ensure you gain sufficient amounts of sleep, sunlight, and good quality exercise. Following this lifestyle plan will greatly improve your chances of conceiving; we hope you are able to commit to it, and receive the good news you have been waiting for in the near future.